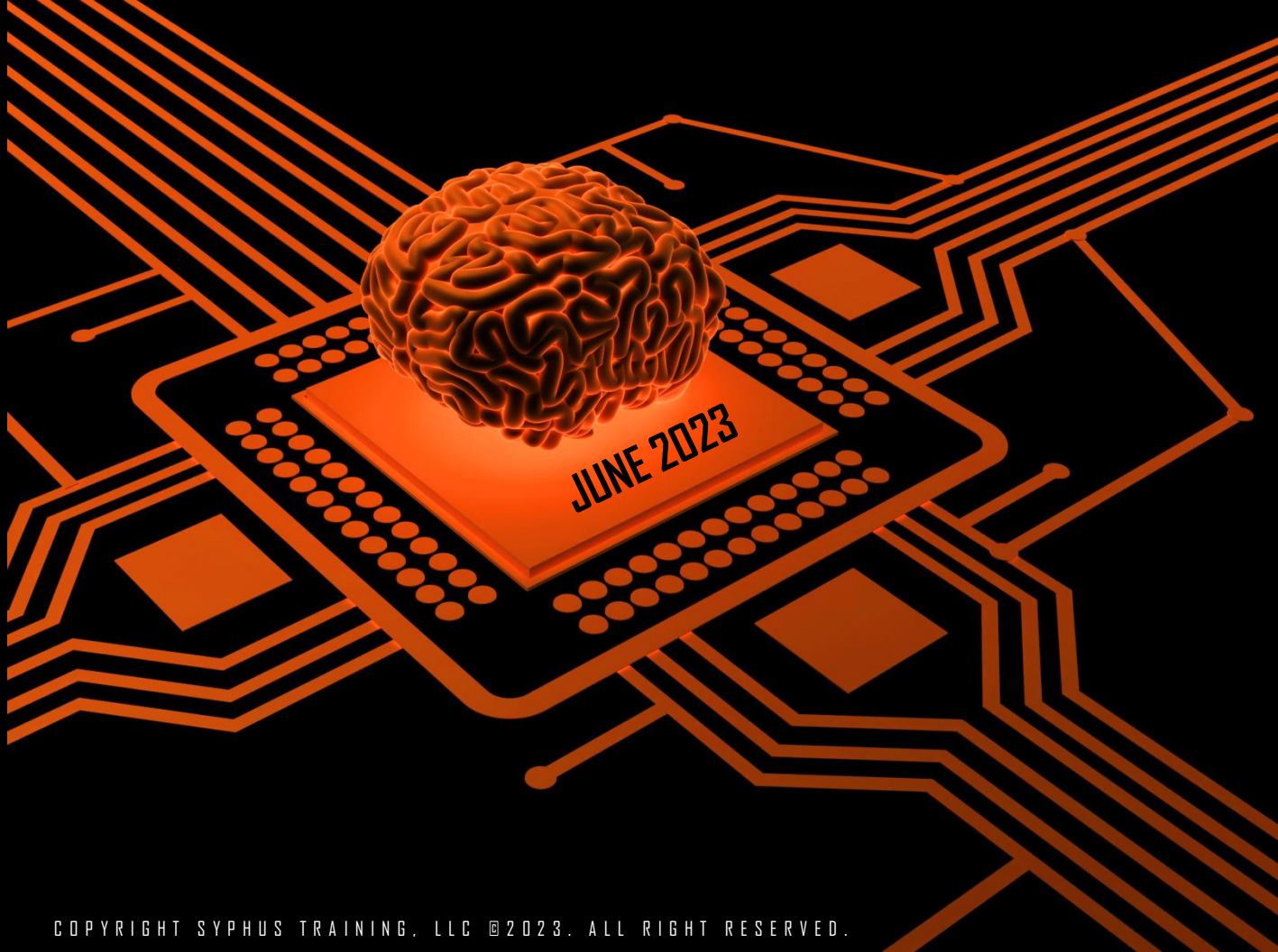


M
O
T
H
E
R
B
O
A
R
D





HOW TO READ THE MOTHERBOARD

Circuit keys show the order in which to perform tasks.

The date of this Motherboard and the SLOPE difficulty rating.

Circuit title.

1,1
1,1,2,2
1,1,2,2,3,3
1,1,2,2,3,3,4,4
1,1,2,2,3,3,4,4,5,5

HYBRID2

MESA2

1. BONSAI 3-1-4-2-4-1
2. V-STEP MADNESS
3. TARASQ
4. MONKEY
5. XPP
6. CURL WALK 6+
7. BOVINE
8. GATOR TO 3

EQUALATERAL

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. HIGH Xs
3. TOES (20) + RUN
4. SL GORGON (8) + RUN
5. YIKES

1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. PROWLER

Minimum rep count indicator; used for certain traveling tasks.

"Ladder Tasks are indicated by this symbol.

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EMBRACE THE HANGOVER



1-3, 4A
1-3, 4A, 4B, 5A
1-3, 4A, 4B, 4C, 5A, 5B, 6A
1-3, 4A, 4B, 4C, 4D, 5A, 5B, 5C, 6A, 6B, 7A

VOYAGE

1. SUE-STEP (20) + RUN
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1

- 4A. STAT TYSON (20) + RUN
- 4B. GORGON (8) + RUN
- 4C. GROWLER
- 4D. CYCLONE (12) + TZN

- 5A. VEXED (10) + RUN
- 5B. NEAPOLITAN

- 5C. TALL ORDER 6+

- 6A. FLYING JACKAL
- 6B. KAMIKAZE 4-3-4-2-4-1-4-1

- 7A. REV INCH WORM

1-10, 1-10

CHECKLIST(2)

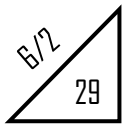
1. HIKES
2. SLUSKI
3. CRAY-CRAY
4. PUSH UP (10) + RUN
5. GBD (15) + RUN
6. EN GARDE
7. SCALAWAG
8. JOHNNY APPLESEED
9. SKULLS (10) + TZN
10. BOVINE

1-5, 6A 6A
1-5, 6B 6B
1-5, 6C 6C
1-5, 6D 6D

REPTILAIN2

1. MOGUL (20) + RUN
2. OFFERING
3. MUGGER (12) + RUN
4. SAWED OFF (10) + TZN
5. AMAROK

- 6A. CRAISE (20) + TZN
- 6B. POTTY TO BULLDOG
- 6C. BUCKS
- 6D. TAKE OFF!



1.A
12.B
123.C
1234.D

E, 234
EF 34
EFG, 4
EFGH

LAND-FILL

- E. MIEL'S WHEELS
- F. AMAROK
- G. BUZZARD
- H. ATTACK IT

- 1. SUICIDE 2-1-3-1-4-1
- 2. SUE STEP (20) + RUN
- 3. ROW STROLL 6+
- 4. PRIMATES 4-1-3-1-2-1

- A. EN GARDE
- B. LYCAN (10) + RUN
- C. HIKES
- D. PLATE PUSH

1-8, 8-1, 1-8



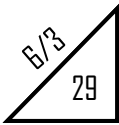
- 1. HAG 1:1
- 2. SHWAGGIN 1:1
- 3. VENOM
- 4. GALLOW 2-1-4-3-4-1
- 5. TORO
- 6. KIT. SINK (10) + TZN
- 7. REV B.N.C.
- 8. TROG

1-9

1-9 (REMOVE ANY RED)
1-9 (REMOVE ANOTHER RED)
1-9 (JUST THE GREENS)

TAMP DOWN

- 1. SQUONQ
- 2. CURL WALK 6+
- 3. ALI 22+
- 4. THRUST TO FROG
- 5. DEVIL
- 6. JACK ASS
- 7. HANG (10) + RUN
- 8. V-STEP (10) + RUN
- 9. MT. CLIMB (20) + RUN



SLOPE

MTN2

1. GALLOW 2-1-4-3-4-1
2. SUE-STEP (20) + RUN
3. PLATE SHAKE 9+
4. VIP (10) + RUN
5. ENFORCER
6. SLAP JACK
7. MONGOOSE
8. HALO 2-1-3-1-4-1
9. CRAISE (20) + TZN
10. DGRE (10) + TZN
11. STACK SHOT
12. REV MASTODON

123
234
345
456

MESA

1. W. CROOK
2. ROW STROLL 6+
3. YIKES!
5. GORGON (8) + RUN
6. F. LUNGE

1-3, 4A,4A
1-3, 4B,4B
1-3, 4C,4C

REPTILIAN2

1. BANDIT (20) + RUN
2. SAWED OFF (10) + TZN
3. ALI 22+

-
- 4A. INCH WORM
 - 4B. SL BUCKS
 - 4C. KIT. SINK (10) + TZN

VEXUM, TASK
VEXUM, TASK...

VEXUM GAUNTLET

1. CURL PRESS 5+
2. JAGGER (12) + RUN
3. DEVIL
4. HANG (10) + RUN
5. SKULLS (10) + TZN
6. SHOT PUT

1-5, 5-1 U

1. NEAPOLITAN
2. BONSAI 3-1-4-2-4-1
3. REV BULLDOG
4. BULLY
5. PARATROOP (10) + RUN

ORDER:
1,2
1-4
1-6
MESA
1-8
REPTILIAN2
1-10
VEXUM GAUNTLET
1-12
U



1-12
1-12

CHECKLIST(2)

1. QUICK FT. (20) + RUN
2. EN GARDE
3. MT. CLIMB (20) + RUN
4. SWAGGIN 1:1
5. TOES (20) + RUN
6. INFINITY (20) + RUN
7. V-STEP (10) + RUN
8. POTTY SHOT
9. MONTAUK
10. MOWGLI (12) + RUN
11. CYCLONE (12) + TZN
12. PUSH UP (10) + RUN

1-3

1-3, 4-6, 4-6

1-3, 4-6, 4-6, 7-9, 7-9, 7-9

MT. NEVERLIST

1. MANTIS (8) + RUN
2. FLAMINGO (6) + TZN 1X
3. REV BOVINE

4. SQ. JUMP (10) + RUN
5. SUICIDE 2-1-3-1-4-1 2X
6. VIPER

7. WARRIOR
8. THRUST TO FROG 3X
9. HAG 1:1

1-10

1-4,7-10

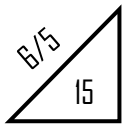
1-3,8-10

1,2,9,10

1,10

CAVITY

1. MIEL'S WHEELS
2. GARGOYLE
3. CHICKIN 2-1-3-1-4-1
4. RDL (8) + TZN
5. 313
6. HACK-IT
7. TORO
8. TARASQ
9. JIGGY (20) + RUN
10. SA PP



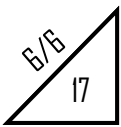
SLOPE

1. BONSAI 3-1-4-2-4-1
2. SWAGGIN 1:1
3. STAMPEDE
4. W. GREMLIN
5. DHND (12) + RUN
6. HIKES
7. HALO 2-1-3-1-4-1
8. MONTAUK
9. JEKYLL (6) + TZN
10. ROW STROLL 6+

1-5, 1-10, 1-15
1-20, 1-25, 1-30

MTN5

11. TURKEYS
12. OGRE (10) + TZN
13. RIBBITS (10) + RUN
14. SKULLS (10) + TZN
15. REV B.N.C.
16. VIXEN
17. YETI
18. BOULDER
19. HANG (10) + RUN
20. SUICIDE 2-1-3-1-4-1
21. MR. ATLAS
22. RDL (8) + TZN
23. XPP
24. TYPHON
25. SAWED OFF (10) + TZN
26. JACK BOX
27. MIEL'S WHEELS
28. GARGOYLE
29. CYCLONE (12) + TZN
30. PLATE PUSH



SLOPE

1
121
12321
1234321
123454321

UPLIFT

1. EN GARDE
2. INFINITY (20) + RUN
3. BULLY
4. SQ. JUMP (10) + RUN
5. QUICKSAND (L)

PERFORM EACH TASK THE
NUMBER OF TIMES INDICATED AND
IN A CHECKLIST FORMAT

MATTERHORN

- 2 PEG LEG (8) + RUN
- 1 POTTY SHOT
- 1 JIGGY (20) + RUN
- 2 REV BULLDOG

- 2 CURL WALK 6+
- 1 BUZZARD
- 1 VEXUM
- 2 INCH WORM

- 2 DENSER 2-1-3-1-4-1
- 1 GBD (15) + RUN
- 1 GALLOW 2-1-4-3-4-1
- 2 VIP (10) + RUN

- 2 YETI
- 1 B.O.R. (15) + TZN
- 1 TORO
- 2 TAUNTAUN

1
12
123
1
12
123...

MOLE-HILLS

1. PINNED 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. SHWAGGIN 1:1

1. W. CROOK
2. VEXED (10) + RUN
3. PARATROOP (10) + RUN

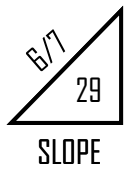
1. SQUONQ
2. REV MASTODON
3. F. LUNGE

1. BANDIT (20) + RUN
2. DEATH ROW 2-1-3-1-4-1
3. THRASHER

1. JAGGER (12) + RUN
2. K.O.D. (20) + TZN
3. ARACHNID

1. PLATE SHAKE 9+
2. DEATH ROW 2-3-1-4-1
3. TAKE OFF!

1. REV HYDRA
2. JACKAL
3. WICCA



1-15,
15-1

U-TURN

1. SHUFFLE
2. HOT COALS (10) +RUN
3. SKATES
4. PLATE SHAKE 9+
5. KOBOLD
6. HIKES
7. GORGON (8) +RUN
8. POTTY SHOT
9. RIBBITS (10) +RUN
10. NEAPOLITAN
11. GALLOWS 2-1-4-3-4-1
12. RAMPANT (10) +RUN
13. TROG
14. ROW STROLL 6+
15. REV PLATE PUSH

PERFORM A MONGOOSE
BEFORE EACH TASK.

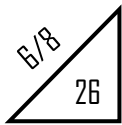
MONGOOSE GAUNTLET

1. HALO 2-1-3-1-4-1
2. JACKALOPE
3. CHICKIN 2-1-3-1-4-1
4. SWAGGIN 1:1
5. INCH WORM
6. STORK (20) +TZN
7. VIP (10) +RUN
8. OHNO (12) + RUN
9. FLYING MONKEY
10. 3. PT. STANCE
11. REV BULLDOG
12. SAWED OFF (10) +TZN

1,2,3
2,3,4
3,4,5...

MESA

1. OFFERING
2. BANDIT (20) +RUN
3. SA DIABLO
4. W. CROOK
5. SUICIDE 2-1-3-1-4-1
6. RDL (8)+TZN
7. PUSH UP (10) +RUN
8. LYCAN (10) +RUN
9. BUCKS
10. HANG (10) +RUN
11. TROMBONE 6+
12. VOODOO Ⓛ



SLOPE

PER FORM AS A MTN AND DO EACH TASK
THE NUMBER OF TIMES INDICATED.

CHASM

2 QUICK FT. (20) + RUN

3 BANDIT (20) + RUN

1 PLATE SHAKE 9+

2 RIBBITS (10) + RUN

1 KOD (20) + TZN

3 CRAY-CRAY

1-8

1-3, 6-8

1-2, 7-8

1, 8

CAVITY

1. O-BOR (10) + TZN

2. RAMP UP (8) + RUN

3. KOBOLD

4. SLING SHOT 3-2-4-2-3-1

5. JAGGER (10) + RUN

6. HALO 2-1-3-1-4-1

7. YETI

8. SKULLS (10) + TZN

PERFORM THE "FORWARD" VERSION OF THE TASK TO LINE 4.

PERFORM THE "REVERSE" TASK BACK TO LINE 1.

REPEAT THAT SINGLE TASK AGAIN, DOING EACH NUMBER TWICE,
TO MAKE 1 COMPLETE TASK OF BOTH THE FORWARD AND REVERSE VERSIONS.

RED RUM

1. F. LUNGE

2. GROWLER

3. CURL WALK 6+

4. PLATE PUSH

5. THRASHER

6. GREMLIN

7. MASTODON

8. HIGH KNEES

9. RESURRECTION

10. POTTY SHOTS

11. INCH WORM

12. GIMPY DOG

B. LUNGE

REV GROWLER

TRIFECTA 6+

REV PLATE PUSH

TORO

REV GREMLIN

REV MASTODON

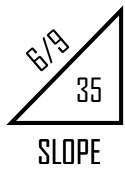
BU, ; KICKS

REVIVALS

HIKES

REV INCH

HACK-IT



1,2,3,4,5
1,2,3,4,5
1,2,3,4,5
1,2,3,4,5
1,2,3,4,5

1-10
1-4,7-10
1-3,8-10
1-2,9-10
1,10

A. CAVITY

1. SUICIDE 2-1-3-1-4-1
2. SKATES
3. TOES (20) + RUN
4. BANDIT (20) + RUN
5. PLATE PUSH
6. F. LUNGE
7. PUSH UP (10) + RUN
8. STAMPEDE
9. LYCAN (10) + RUN
10. GARGANTUAN

B. LIGHT SIDE

1. STAT HALO (18) + TZN
2. BUNYAN
3. ALI 22+
4. CURL MADNESS 3
5. DIABLO

- SKY HIGH 4-1
LUMBERJACK (8) + RUN
QUICK FT. (20) + RUN
CURL WALK 6+
REV BULLDOG

1A, 2-5, 6A
1B, 2-5, 6B
1C, 2-5, 6C

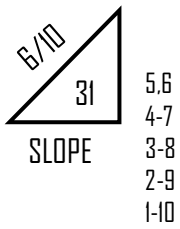
D. CHAMELEON

- 1A. INFINITY (20) + RUN
- 1B. MOGUL (20) + RUN
- 1C. SKATES

C. CENTAUR3 III, 222, 333...

1. DELAURA
2. TIPPY-TAP
3. SQ. JUMP (10) + RUN
4. MONTAUK
5. MIEL'S WHEELS
6. SKULLS (10) + TZN
7. CHIMP (8) + RUN
8. STAT ROW (6) + TZN

2. BONSAI 3-1-4-2-4-1
 3. CURIOUS GEORGE
 4. SUPP 10
 5. RDL (8) + TZN
-
- 6A. REVIVAL
 - 6B. INCH WORM
 - 6C. TWISTED



EXPANDING

1. INCH WORM
2. AMAROK
3. MONTAUK
4. PLATE SHAKE 9+
5. EN GARDE
6. MT. CLIMB (20) + RUN
7. STAMPEDE
8. OFFERING
9. RAZOR
10. REV MASTODON

1
1,2
1,2,3
1
1,2
1,2,3...

MOLE HILLS

1. BANDIT (20) + RUN
2. SQUONQ
3. CHICKIN 2-1-3-1-4-1

-
1. SUE-STEP (20) + RUN
 2. APE SHOOT!
 3. ZOOKEEPER

-
1. MOGUL (20) + RUN
 2. SAWED OFF (10) + TZN
 3. BUNYAN

-
1. RDL (8) + TZN
 2. TROG
 3. VIPER

-
1. CHIMP (8) + RUN
 2. BUCKS
 3. HAG

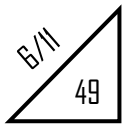
1A, 2-4, 5A
1B, 2-4, 5B
1C, 2-4, 5C
1D, 2-4, 5D
1E, 2-4, 5E

CHAMELEON

- 1A. QUICKSAND Ⓛ
- 1B. DEATH ROW 2-1-3-1-4-1
- 1C. W. LUNGE
- 1D. SLIGER
- 1E. DIABLO

-
2. HANG (10) + RUN
 3. VENOM
 4. CYCLONE (12) + TZN

-
- 5A. REV INCH
 - 5B. ENFORCER
 - 5C. K.O.D. (20) + TZN
 - 5D. WINDOW WASH
 - 5E. NEAPOLITAN



SLOPE

1,2, 15, 16
1-4, 13-16
1-6, 11-16
1-16

OR USE
LETTERS
AS A KEY

A,H
A,B,G,H
A,B,C,F,G,H
A,B,C,D,E,F,G,H

FILLING X2

- A** 1. **HOT COALS (10) + RUN**
- 2. **HIGH Xs**
- B** 3. **TROMBONE 6+**
- 4. **VIP (10) + RUN**
- C** 5. **SQ. JUMP (10) + RUN**
- 6. **APE SHOOT!**
- D** 7. **REV HYDRA**
- 8. **ANACONDA**
- E** 9. **SKULLS (10) + TZN**
- 10. **NO GIMMIES**
- F** 11. **OGRE (10) + TZN**
- 12. **GORGON (8) + RUN**
- G** 13. **PINNED 2-1-3-1-4-1**
- 14. **SHUTTLE RUN 3-2-4-2-3-1**
- H** 15. **BANDIT (20) + RUN**
- 16 **TYSON**

1A,2A,3A,4,A,5A,6A
1B,2B,3B,4B,5B,6B
1C,2C,3C,4C,5C,6C
1D,2D,3D,4D,5D,6D

CROSS-FUSION

- 1. **MASTODON**
 - 2. **PARATROOP (10) + RUN**
 - 3. **PRIMATES 4-1-3-1-2-1**
 - 4. **RAMPAGE (12) + RUN**
 - 5. **HALO 2-1-3-1-4-1**
 - 6. **SA DIABLO**
- A. PLATE PUSH**
 - B. SCALAWAG**
 - C. 313**
 - D. REV PLATE PUSH**

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NOT ALL WORKOUTS NEED TO COUNT FOR A SCORE. TO PREVENT STAT PADDING, LET YOUR PRO KNOW BEFORE GAMETIME THAT YOU WISH TO OPT OUT.

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EMBRACE THE HANGOVER



SLOPE

CHAOS CHECKLIST MOLES

PERFORM BLUES
AS A SINGLE
CHECKLIST

PERFORM GREENS
AS A CHECKLIST(2)

PERFORM REDS AS
A CHECKLIST(3)

START
HERE

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. SQUONK

1. SWAGGIN 1:1
2. HIKES
3. GORGON (8) + RUN

1. ALI 22+
2. SQ. JUMP (10) + RUN
3. HALO 2-1-3-1-4-1

1. INFINITY (20) + RUN
2. BUCKS
3. SUPP (10)

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. STORK (20) + TZN
3. GARGOYLE

1. MIEL'S WHEELS
2. AMAROK
3. PUSH UP (10) + RUN

1. TURKEYS
2. 3 PT. STANCE
3. DENSER 2-1-3-1-4-1

1. REV BULLDOG
2. TWIZZY
3. F. LUNGE

1. W. CROOK
2. TALL ORDER 6+
3. JIGSAW

1. TOES (20) + RUN
2. APE SHOOT!
3. HOT COALS (10) + RUN

1. ROW STROLL 6+
2. KITCHEN SINK (10) + TZI
3. TARASQ

1. BANDIT (20) + RUN
2. CRAISE (20) + TZN
3. TAKE OFF!

1. SL INCH
2. CHICKIN 2-1-3-1-4-1
3. W. GREMLIN

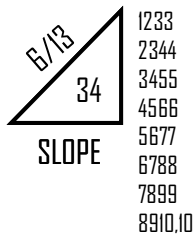
1. YETI
2. VIPER
3. NO GIMMIES

1. KOBOLD
2. PRIMATES 4-1-3-1-2-1
3. HANG (10) + RUN

1. CURIOUS GEORGE
2. CYCLONE (12) + TZN
3. OZARK

1. BENCHED (30) + TZN
2. BONSAI 3-1-4-2-4-1
3. XPP

1. TORO
2. EN GARDE
3. NEAPOLITAN



RIPPLED

1. QUICK FT. (20) + RUN
2. HIGH KNEES
3. SWAGGIN 1:1
4. FROGREMLIN (6/4) + TZN
5. STAT ROW (6) + TZN
6. HIKES
7. BANDIT (20) + RUN
8. CHICKIN 2-1-3-1-4-1
9. JEKYLL (6) + TZN
10. PETRA

- 1-5. 6A 6A
- 1-5. 6B 6B
- 1-5. 6C 6C
- 1-5. 6D 6D

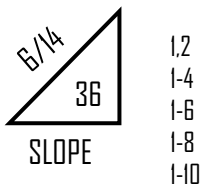
REPTILIAN2

1. SUICIDE 2-1-3-1-4-1
2. VIP (10) + RUN
3. B. LUNGE
4. APE SHOOT!
5. PUSH UP (10) + RUN
- 6A. CRAISE (20) + TZN
- 6B. REV PLATE PUSH
- 6C. MONKEY
- 6D. INCH WORM

- 1-12
- 1-12

CHECKLIST(2)

1. GARGOYLE
2. W. CROOK
3. SUPP (10)
4. GBD (15) + RUN
5. HALO 2-1-3-1-4-1
6. SHOT PUT
7. TROG
8. SCORPION TO 3/BACK
9. VENOM
10. BULLY
11. ALI 22+
12. MONGOOSE



MTN2

1. SUE-STEP (20) + RUN
2. BONSAI 3-1-4-2-4-1
3. MUGGER (12) + RUN
4. PLATE SHAKE 9+
5. RIBBITS (10) + RUN
6. SCALAWAG
7. CYCLONE (12) + RUN
8. DENSER 2-1-3-1-4-1
9. REV MASTODON
10. RAMP UP (8) + RUN

1
122
12333
123444

VERTEX

1. BOULDER
2. HIKES
3. YETI
4. MIEL'S WHEELS

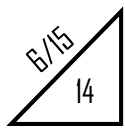
1-6, 1-6, 1-6

CHECKLIST(3)

1. SHOT PUT
2. VEXUM
3. GBD (15) + RUN
4. ROW STROLL 6+
5. BULLDOG
6. HANG (10) + RUN

1-15
15-1
U

1. VIP (10) + RUN
2. BOVINE
3. BUCKS
4. 3 PT. STANCE
5. RDL (8) + TZN
6. APE SHOOT!
7. BALL N CHAIN
8. DIABLO
9. GALLOW 2-1-4-3-4-1
10. JIGGY (20) + RUN
11. TROG
12. JACK-ASS
13. HOT COALS (10) + RUN
14. JACKALOPE
15. NEAPOLITAN



SLOPE

1,2
1-4
1-6
1-8

MTN2

8-1
6-1
4-1
2,1

**U
CIRCUITS**

PERFORM EACH CIRCUIT BY ITS NORMAL PROGRESSION FIRST THEN WORK YOUR WAY BACKWARDS THROUGH THE ENTIRE WORKOUT IN REVERSE ORDER. THE PROGRESSION KEYS FOR THE FIRST TIME THROUGH THE WORKOUT IS ON THE LEFT OF EACH CIRCUIT, THE KEYS FOR THE SECOND/REVERSE IS ON THE RIGHT OF EACH CIRCUIT.

123
234
345
456

MESA

654
543
432
321

1-6, 7A
1-6, 7B

7B, 6-1
7A, 6-1

REPTILIAN

1. SHUTTLE 3-2-4-2-3-1
2. SUE-STEP (20) + RUN

3. V-STEP (10) + RUN
4. MT. CLIMB (20) + RUN

5. STAT SWAG (20) + TZN

6. CYCLONE (12) + TZN

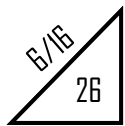
7. PUSH UP (10) + RUN

8. GORGON (8) + RUN

1. PABLO
2. APE SHOOT!
3. TYPHON
4. SKY HIGH 4-1
5. ARACHNID
6. TWEAKER (L)

1. HIKES
2. BOVINE
3. O-B.O.R. (10) + TZN
4. HANG (10) + RUN
5. SPD. SKATES (20) + RUN
6. GALLOW 2-1-4-3-4-1

- 7A. PETRA
- 7B. REV INCH



SLOPE

1,2
1-4
1-6
1-8
1-10

MTN2

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. TAUNTAUN

3. MOGUL (20) + RUN
4. BANDIT (20) + RUN

5. W. GREMLIN
6. XPP

7. STAT TYPHON (10) + RUN
8. 3 PT. STANCE

9. RAMBO (10) + RUN
10. HALD 2-1-3-1-4-1

1A, 2-5, 6A
1B, 2-5, 6B
1C, 2-5, 6C
1D, 2-5, 6D

CHAMELEON

- 1A. SQUANTOES (20) + RUN
- 1B. DEMONIC (6) + TZN
- 1C. FROZEN CROOK :08
- 1D. RDL (8) + TZN

2. TWINKLE TOES (30) + TZN
3. REV BEAR
4. SUICIDE 2-1-3-1-4-1
5. JUNKIE JUMP (8) + RUN

- 6A. BENCHED (30) + TZN
- 6B. SL PUSH UP (10) + RUN
- 6C. SCURL 1:1
- 6D. SCORPION TO 3/BACK

111, 222,
333...10,1010

CENTAUR3

1. OGRE (10) + TZN
2. ROW STROLL 6+
3. GRIFTER (8) + SA PP
4. CURIOUS GEORGE
5. STAT TYSON (20) + RUN
6. F. LUNGE
7. TOES (20) + RUN
8. TORO
9. AMAROK
10. GIMPY DOG



SLOPE

ORDER

CENTAUR2

REPTILIAN

VERTEX

GAUNTLET

MTN

REPTILIAN

VERTEX

GAUNTLET

MTN

VERTEX

GAUNTLET

MTN

GAUNTLET

MTN

MTN

FADED OLYMPUS

CENTAUR2

11
22
33
44

1. SHUFFLE

2. TYSONS

3. SWAGGIN 1:1

4. MT. CLIMB (20) + RUN

REPTILIAN

1-3, 4A
1-3, 4B

1. TOES (20) + RUN

2. APE SHOOT!

3. SAWED OFF (10) + TZN

4A. PUSH UP (10) + RUN

4B. TWO-STEP (20) + RUN

VERTEX

1
1, 22

1 JACK BOX

1, 2, 333

2. BONSAI 3-1-4-2-4-1

3. PRIMATES 4-1-3-1-2-1

GAUNTLET

PUSH, 1
PUSH, 2
PUSH, 3
PUSH, 4

1. YETI

2. TRIFECTA 6+

3. SHALD 1:1

4. KOBOLD

MTN

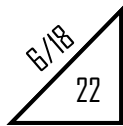
1
1, 2

1. HOT COALS (10) + RUN

1, 2, 3

2. F. LUNGE

3. CUJO 



SLOPE

1
1, 2, 1
1, 2, 3, 2, 1
1, 2, 3, 4, 3, 2, 1
1, 2, 3, 4, 5, 4, 3, 2, 1

UPLIFT

1. SUICIDE 2-1-3-1-4-1
2. TOES (20) + RUN
3. HIKES
4. TROG
5. BULLSHIT

ZIPPER

1, 2
1, 2, 33, 44
1, 2, 3, 4, 555, 666
1, 2, 3, 4, 5, 6, 7777, 8888

1. SLING SHOT 3-2-4-2-3-1
2. MONKEY

3. BUCKS
4. 45 °

5. SWAGGIN 1:1
6. SQ. JUMP (10) + RUN

7. SQUONQ
8. TAKE OFF!

1X

2X

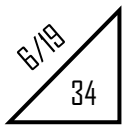
3X

4X

1-15
15-1

U

1. HAMSTRUNG
2. CHICKIN 2-1-3-1-4-1
3. MOGUL MADNESS 10
4. DIABLO
5. PEG LEG (8) + RUN
6. MANTIS (8) + RUN
7. BANDIT (20) + RUN
8. INCH WORM
9. BONSAI 3-1-4-2-4-1
10. KNEELING CURL (6) + TZN
11. TYSONS
12. X PP
13. STORK (20) + TZN
14. GARGANTUAN
15. NO GIMMIES



SLOPE

1-14, 15A, 15A, 16-19, 20A, 20A, 21-24, 25A, 25A
1-14, 15B, 15B, 16-19, 20B, 20B, 21-24, 25B, 25B
1-14, 15C, 15C, 16-19, 20C, 20C, 21-24, 25C, 25C

SPEED BUMPS

1. EN GARDE
2. HOT COALS (10) + RUN
3. BONSAI 3-1-4-2-4-1
4. V-STEP (10) + RUN
5. W. GREMLIN
6. SPD. SKATES (20) + RUN
7. INFINITY (20) + RUN
8. PLATE SHAKE 9+
9. ALT. SQUONQ
10. GBD (15) + RUN
11. TWO-STEP (20) + RUN
12. HIKES
13. POTTY SHOT
14. CHICKIN 2-1-3-1-4-1
- 15A. SLING SHOT 3-2-4-2-3-1
- 15B. WCCA
- 15C. M.F.T.
16. SHUTTLE 3-2-4-2-3-1
17. SAWED OFF (10) + TZN
18. JACKAL
19. TURKEYS
- 20A. QUICKSAND
- 20B. GATOR TO 3
- 20C. SL BOULDER
21. STAMPEDE
22. CYCLONE (12) + TZN
23. SQUANTOES (20) + RUN
24. BUCKS
- 25A. MR. ATLAS TO 3/BACK
- 25B. THRUST TO FROG
- 25C. HALF-BLAKED (L)



SLOPE

5-6
4-7
3-8
2-9
1-10

EXPANDING

1. PEG LEG (8) + RUN
2. CHIMP (8) + RUN
3. VEXED (10) + RUN
4. SKATES
5. QUICK FT. (20) + RUN
6. SUICIDE 2-1-3-1-4-1
7. PLATE SHAKE 9+
8. POTTY SHOT
9. CHICKIN 2-1-3-1-4-1
10. GORGON to PUSH UP (8) + RUN

PERFORM AS A CHECKLIST AND DO EACH TASK THE NUMBER OF TIMES INDICATED. PATTERN REMAINS CONSISTENT THROUGHOUT.

MATTERHORN

1-10
10-1
1-10

W

- 2 CYCLONE (12) + TZN
- 4 TWO-STEP (20) + RUN
- 1 TARASQ

- 2 PIRATE
- 4 VEXUM
- 1 TYPHON

- 2 MONGOOSE
- 4 STIGMATA (10) + RUN
- 1 JACK ASS

- 2 YETI
- 4 TAUNTAUN
- 1 DENSER 2-1-3-1-4-1

1. OGRE (10) + TZN
2. SHOT PUT
3. BONSAI 3-1-4-2-4-1
4. MUGGER (12) + RUN
5. SQ. THRUST (10) + RUN
6. SA DIABLO
7. CURL PRESS 5+
8. HAG 1:1
9. APE SHOOT!
10. GIMPY DOG



SLOPE

- 1-3
- 1-6
- 1-9
- 1-12

MTN3

1. STAMPEDE
2. V-STEP (10) + RUN
3. GALLOW 2-1-4-3-4-1

4. STAT SWAG (20) + TZN
5. TROMBONE 6+
6. LYCAN UP (10) + RUN

7. TWINKLE TOES (30) + TZN
8. BULLDOG
9. SL PUSH UP (10) + RUN

10. TUCKS (10) + RUN
11. JABBERWOCKY
12. OZARK

- 1A, 1B, 1C
- 2A, 2B, 2C
- 3A, 3B, 3C
- 4A, 4B, 4C
- 5A, 5B, 5C

CROSS-FIRE

1. SCALWAG
 2. POTTY SHOT
 3. TALL ORDER 6+
 4. REVIVAL
 5. JANGLE LEG3
- A. SUICIDE 2-1-3-1-4-1
 - B. VEXUM
 - C. KNEELING CURL (6) + TZN

- 1123
- 2234
- 3345
- 4456
- 5567
- 6678

FLIPPED

1. MONKEY
2. TROG
3. SAWED OFF (10) + TZN
4. INFINITY (20) + RUN
5. NO GIMMIES
6. REV GROWLER
7. EXPLOSIONS
8. MOGUL PUSH



SLOPE

1
12
123
1
12
123
1
12
123
1
12
123
1
12
123

MOLE-HILLS

1. SUICIDE 2-1-3-1-4-1
2. TOES (20) + RUN
3. SWAGGIN 1:1

1. ALI 22+
2. RAMPAGE (12) + RUN
3. LYCAN UP (10) + RUN

1. ROW STROLL 6+
2. BANDIT (20) + RUN
3. NEAPOLITAN

1. PRIMATES 4-1-3-1-2-1
2. RIBBITS (10) + RUN
3. QUICKSAND (L)

1. TURKEYS
2. BUCKS
3. TRUMPET 9+

1,AA
12,BB
123,CC
1234,DD
12345,EE
123456,FF

XION2

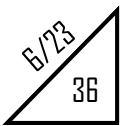
1. QUICK FT. (20) + RUN
2. APE SHOOT!
3. MT. CLIMB (20) + RUN
4. HIKES
5. HANG (10) + RUN
6. WICCA

- A. BUTT KICKS
- B. SKUFFLE
- C. SQUONQ
- D. F. LUNGE
- E. BULLDOG
- F. MILLIPEDE (L)

111,222,333...

CHECKLIST(3)

- | | |
|--------------------------|-----------------|
| 1. TALL ORDER 6+ | 6. JIGSAW |
| 2. VEXUM | 7. JOHNNY APPLE |
| 3. TORO | 8. HAG 1:1 |
| 4. BONSAI 3-1-4-2-4-1 | 9. GARGOYLE |
| 5. JUNKIE JUMP (8) + RUN | 10. PLATE PUSH |



SLOPE

1A
1,2,B
1,2,3,C
1,2,3,4,D
1,2,3,4,5,E
1,2,3,4,5,6,F

1. EN GARDE
2. W. GREMLIN
3. RAMBO (10) + RUN
4. SA PP
5. OGRE (10) + TZN
6. SQ. THRUST (10) + RUN

1-5, 5-1
2-4, 4-2
3, 3

EL CYCLE

1. HALF-BLAKED (L)
2. STAT HALO (18) + TZN
3. JUNKIE (8) + RUN
4. ALI 22+
5. APE SHOOT

1A 1B 1C
2A 2B 2C
3A 3B 3C
4A 4B 4C
5A 5B 5C
6A 6B 6C

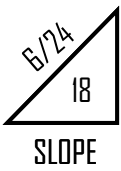
1. MUGGER (12) + RUN
2. 3 PT. STANCE
3. RDL (8) + TZN
4. VIXEN
5. STROW 1:1
6. STIGMA (10) + RUN

CROSS-FIRE

- A. B.O.R. (15) + TZN
- B. SWASHBUCKLER
- C. PRIMATES 4-1-3-1-2-1

XION

- A. TOES (20) + RUN
- B. HOT COALS (10) + RUN
- C. PARATROOP (10) + RUN
- D. CRAZY LEGS
- E. TROG
- F. REV GARGOYLE



- 1. AA
- 12. BB
- 123. CC
- 1234. DD
- 12345. EE
- 123456. FF

- 1. BONSAI 3-1-4-2-4-1
- 2. MT. CLIMB (20) + RUN
- 3. ALT. SQUONK
- 4. HANG (10) + RUN
- 5. VENOM
- 6. BOVINE

XION2

- A. EN GARDE
- B. SWAGGIN 1:1
- C. RAMBO (10) + RUN
- D. HIKES
- E. MONTAUK
- F. BUCKS

- 1-3
- 1-6
- 1-9
- 1-12
- 1-15

MTN3

- 1. JIGGY (20) + RUN
- 2. TROG
- 3. JACKALOPE

- 4. REV ARACHNID
- 5. KAMIKAZE 4-3-4-2-4-1-4-1
- 6. TOES (20) + RUN

- 7. TAKE OFF!
- 8. REV VIPER
- 9. F. LUNGE

- 10. NEAPOLITAN
- 11. ALL 22+
- 12. YETI

- 13. SCURL 1:1
- 14. DIABLO
- 15. SCORPION TO 3/BACK

- 1,8
- 1,2,7,8
- 1,2,3,6,7,8
- 1-8

FILING

- 1. VIP (10) + RUN
- 2. MONKEY
- 3. TYSONS
- 4. REV INCH
- 5. DELAURA
- 6. TYPHON
- 7. ROW STROLL 6+
- 8. SL OGRE (10) + TZN



12
123344
12334455556666
123344555566677778888

ZENITH

1. GALLOW 2-1-4-3-4-1
2. STAMPEDE

3. OHNO (12) + RUN
4. PLATE SHAKE 9+

5. KOBOLD
6. SA PP

7. W. CROOK
8. PRIMATES 4-1-3-1-2-1

1X

2X

3X

4X

1-8, 8-1, 1-8

W

1. VEXED (10) + RUN
2. TROG
3. DIABLO
4. RDL (8) + TZN

5. PUSH UP (10) + RUN
6. TYSON
7. BUZZARD
8. ARACHNID

MESA

123
234
345
456
567
678

1. SHOT PUT
2. TAUNTAUN
3. HIKES
4. BULLY
5. VIPER
6. XPP
7. JACKALOPE
8. TYPHON

1
12
123
1234
12345

REV MTN

1. MT. CLIMB (20) + RUN
2. SUPP 10
3. ABD MANTIS (8) + RUN
4. STORK (12) + TZN
5. CUJO



1-25, 1-25, 1-25, 1-25

CHECKLIST(4)

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. COALITION (10) + TZN
4. W. GREMLIN
5. SQ. JUMP (10) + RUN
6. HIKES
7. CHIMP (8) + RUN
8. MIEL'S WHEELS
9. K.O.D. (20) + TZN
10. JIGGY (20) + RUN
11. SL GORGON (8) + RUN
12. VENOM
13. GBD (15) + RUN
14. REV BULLDOG
15. APE SHOOT!
16. HALO 2-1-3-1-4-1
17. SKY HIGH 4-1
18. GRECO
19. SQ. THRUST (10) + RUN
20. D-PINNED 2-1-3-1-4-1
21. INCH WORM
22. SWAGGIN 1:1
23. GARGOYLE
24. SAWED OFF (10) + TZN
25. PIRATE

THE SYPHER

THE SYPHER IS THE SYPHUS TRAINING CODE OF CONDUCT. TAP IN. TAME IT. LET IT OUT.

FORM FIRST

PERFORM EACH TASK TO THE BEST OF YOUR ABILITY. DON'T CHEAT YOURSELF.

COMPETITION SECOND

COMPETITION IS THE HEART OF SYPHUS BUT SECONDARY TO FORM. YOU ARE YOUR GREATEST COMPETITION.

NO SCORE? LET US KNOW BEFORE

NOT ALL WORKOUTS NEED TO COUNT FOR A SCORE. TO PREVENT STAT PADDING, LET YOUR PRO KNOW BEFORE GAMETIME THAT YOU WISH TO OPT OUT.

AVOID THE FORBIDDEN 4

1. NEVER STOP SHORT OF THE END ZONE
2. NEVER SWITCH PLATES MID-WORKOUT
3. NEVER PERFORM A + RUN/TZN TASK OUTSIDE OF THE END ZONE
4. NEVER INTENTIONALLY SKIP A TASK

FOLLOW THE BOARD, NOT THE HERD

YOU'LL NEVER LEAD THE PACK IF YOU'RE ALWAYS FOLLOWING. AIM TO COMMIT TASKS AND PROGRESSIONS TO MEMORY. SYPHUS IS MEANT TO ENGAGE THE MIND AS WELL AS THE BODY.

THE PRO IS YOUR COACH, NOT A REFEREE

ANY CRITICISM FROM YOUR PRO IS FOR YOUR SAFETY AND BETTERMENT OF YOUR WORKOUT.

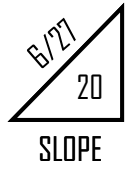
STUPIDITY IS NEVER REWARDED

- A TASK PERFORMED OUT OF ORDER IS NOT GIVEN CREDIT
- IF YOU PERFORM A TASK OUT OF ORDER, CALL IT OUT TO THE PRO AND THE JUNKIE NEXT TO YOU
- REDEEM ANY TASKS PERFORMED OUT OF ORDER
- IF YOU'RE UNSURE WHAT REP YOU'RE ON; DO ANOTHER

LET IT OUT

PROFANITY AND PRIMAL OUTBURSTS ARE PERMITTED, IF NOT ENCOURAGED.

EMBRACE THE HANGOVER



12
12,3344
12,3344,555666

1-8
3-8
5-8
7,8

ZENITH

- 1. BONSAI 3-1-4-2-4-1
- 2. MT. CLIMB (20) + RUN

- 3. SQUONQ
- 4. MIEL'S WHEELS

- 5. HIKES
- 6. XPP

1X
2X
3X

DOWNSHIFT

- 1. TRUMPET 9+
- 2. PARATROOP (10) + RUN
- 3. COALITION (10) + TZN
- 4. GBD (15) + RUN
- 5. SPARROW (L)

1-5, 4-1
1-4, 3-1
1-3, 2-1
1,2,1
1

FADED2

- 1. GRIFTER (8) + SA PP
- 2. SL INCH

- 3. STAMPEDE
- 4. TUCKS (10) + RUN

- 5. TRIFECTA 6+
- 6. MUGGER (12) + RUN

- 7. CYCLONE (12) + TZN
- 8. 45°

CROSS-FIRE

- 1. BUCKS
 - 2. SQUIBBLE
 - 3. DEATH ROW 2-1-3-1-4-1
 - 4. ZOOKEEPER
- A. TROG
 - B. YETI
 - C. BULLDOZER

1A,1B,1C
2A,2B,2C
3A,3B,3C
4A,4B,4C



1-3
1-6
1-9
1-12

MTN3

1. TWO-STEP (20) + RUN
2. EN GARDE
3. SWAGGIN 1:1

4. BANDIT (20) + RUN
5. TROMBONE 6+
6. POTTY SHOT

7. VEXED (10) + RUN
8. NEAPOLITAN
9. HALO 2-1-3-1-4-1

10. APE SHOOT!
11. CURL PRESS 5+
12. FLYING MONKEY

REV HYDRA TASK (ODDS)
TYSON, TASK (EVENS)
REV HYDRA, TASK
TYSON, TASK...

ALTERNATING GAUNTLET

1. CYCLONE (12) + TZN
2. BUCKS
3. FROZEN CROOK8
4. BONSAI 3-1-4-2-4-1
5. PUSH UP (10) + RUN
6. GBD (15) + RUN
7. REV PLATE PUSH
8. O-PINNED 2-1-3-1-4-1
9. RDL (8) + TZN
10. SKULLS (10) + TZN

1-12
1-5, 8-12
1-4, 9-12
1-3, 10-12
1,2,11,12
1,12

CAVITY

1. SUICIDE 2-1-3-1-4-1
2. FLAMINGO (6) + TZN
3. REV BULLDOG
4. TARASQ
5. DEATH ROW 2-1-3-1-4-1
6. PEG LEG (8) + RUN
7. WARLOCK
8. 3 PT. STANCE
9. SAWED OFF (10) + TZN
10. DENSER 2-1-3-1-4-1
11. V-STEP (10) + RUN
12. B.N.C



SLOPE

EXPAND BY 3

16-21
13-24
10-27
4-22
1-36

1. SHUFFLE
2. SCALAWAG
3. SQUONG

4. YETI!
5. INCH WORM
6. CROOKED BULLY

7. 3 PT. STANCE
8. VIPER
9. EN GARDE

10. MONKEY CRAWL
11. REV MASTODON
12. DIABLO

13. STAT TYPHON (10) + RUN
14. TYSON
15. MIEL'S WHEELS

16. TOES (20) + RUN
17. STAMPEDE
18. BANDIT (20) + RUN
19. W. GREMLIN
20. PLATE SHAKE 9+
21. HIKES

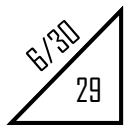
22. TWIZZY
23. CURL PRESS 5+
24. THRASHER

25. KAMIKAZE 4-3-4-2-4-1-4-1
26. DECALF
27. TROG

28. BUCK UP
29. SKY HIGH 4-1
30. DENSER 2-1-3-1-4-1

31. KOBOLD
32. SQUIBBLE
33. SKUFFLE

34. REVIVAL
35. AMAROK
36. SLAP JACK



SLOPE

122
122344
122344566
122344566788

1,2 PUNCH

1-4, 5A 5A
1-4, 5B 5B
1-4, 5C 5C
1-4, 5D 5D

REPTILIAN2

1-4, 5A 5A
1-4, 5B 5B
1-4, 5C 5C
1-4, 5D 5D

FADED3

1. HOT COALS (10) + RUN
2. STAMPEDE
3. SWAGGIN 1:1
4. JAGGER (12) + RUN
5. HALO MARCH (20) + TZN
6. PLATE PUSH
7. SL BOULDER
8. GATOR TO 3

1. ABD FLAMINGO (6) + TZN
2. REV BOVINE
3. TYPHON
4. SPIKES
- 5A. F. LUNGE
- 5B. BENCHED (30) + TZN
- 5C. DEVIL
- 5D. TARASQ

1. MANTIS (8) + RUN
2. KIT. SINK (10) + TZN
3. BALL N CHAIN
4. TROMBONE 6+
5. PARATROOP (10) + RUN
6. BUCKS
7. MUGGER (12) + RUN
8. CRAISE (20) + TZN
9. BONSAI 3-1-4-2-4-1
10. CURIOUS GEORGE
11. SUE-STEP (20) + RUN
12. MONGOOSE